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DofE magazine - issue 4 Autumn 2009
WELCOME

It’s been a year since we rolled out our new look and feel. It’s been great to see the new logo being adopted so widely - please remember to update your websites, social network pages etc with the new logo. You can order a free bespoke one from www.DofE.org/logo - I’ve done over 1,800 of these to date so come and join the crowd!

This issue of the DofE magazine looks at the Residential section. We start off by reviewing the amazing set of residentiald run by the DofE as part of the v Talent Year project (page 6). Then we discuss the benefits of this section to young people (page 8) and give advice for young Leaders planning to run their own residential (page 34). Topping it off, Deb Dowdall provides tips for getting funding for attendance on residentiald for young people (page 36).

Are your participants stuck for inspiration regarding their choice of activities for the Residential section? On page 18 we provide some slightly more unusual ideas.

Also in this issue, we feature the roll-out of the widely anticipated eDofE system (page 9) and introduce the all-new Programme Cards (page 20), designed to make your job as a DofE Leader that little bit easier.

All this, plus some great new items in the DofE Shop (page 20) and an exclusive interview with TV presenter Ben Shephard (page 23) make this edition one to treasure!

As always, we’d love to hear your feedback and receive your photographs and stories of the dofE in action in your area – please contact us at magazine@DofE.org

Dave Wood
Editor

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DofE PROGRAMMES: The concept of the DofE is simple – anyone aged between 14 and 24 can do a programme at one of three progressive levels which, when successfully completed, lead to a Bronze, Silver or Gold Duke of Edinburgh’s Award. There are four sections at Bronze and Silver level and five at Gold. Participants select and set objectives in each of the following areas: Volunteering – undertaking service to individuals or the community. Physical – improving in an area of sport, dance or fitness activities. Skills – developing practical and social skills and personal interests. Expedition – planning, training for and completion of an adventurous journey in the UK or abroad. At Gold level, participants must do an additional fifth Residential section, which involves staying and working away from home doing a shared activity.
You may be aware of the recent set of residential that were run by the DofE for the charity v. They involved nearly 400 young people from 32 English local authorities, all of whom are now busy doing their volunteer placements as part of the first v Talent Year, a Government funded and charity-led initiative to promote volunteering in England.

These residential were the beginning of the young people’s year-long volunteering placement with their local authority, ranging from working as a teaching assistant in a primary school to running a radio station for local youth clubs. Almost all of those involved said that their confidence and teamwork had improved which will be a great help in their placements.

Small beginnings
This project began in March this year when 12 week-long residential took place at nine different Youth Hostels from Hawkshead in the Lake District down to Exeter in Devon. They will be seeing each other again in October for an overnight residential so that they can catch up and learn from each of their personal experiences. It is planned to do the same thing again next year with a new group of up to 500 young people.

Why is the DofE involved?
It was towards the end of last year that the DofE was given the chance to run the residential programme for v. The reason that we wanted to be involved was because this is exactly the type of programme that our Charity should be engaged with; after all, the development of young people is what we are all about.

What is great about the v Talent Year is that it provides the chance for people to work in a team and also provides the chance to develop skills which can then be used in their volunteering placement.

The residential also qualifies for the Residential section of the Gold programme and is a springboard for their Volunteering section.

Katie, one of the DofE young Leaders who was herself younger than many of those involved said that she had “the opportunity to see life through the eyes of such a diverse group of people, who taught me as much, if not more, than they felt I taught them. My biggest personal achievement is to have played a small part in helping to kick start a brand new chapter in so many young people’s lives.”

In March 2009, the DofE ran a series of residential for local authority volunteers on behalf of the volunteering charity v. Project Manager Tim Smith reports on the success to date.
What experience did the young people have?
All of the venues were Youth Hostels with many being miles from the participants’ homes. Many who attended had not travelled away from home before and so just the experience of no noise and the chance to see the stars at night proved to be a great experience providing loads of memories.

One big issue to cope with was staying under the same roof as another 45 people. This had its challenges, particularly due to the big age spread of between 16 and 25. One of the shocks for some people was also having to live with no alcohol or not being able to go off site for the whole week. Although some rules seemed strict, this gave the chance for people to mix and get to know each other.

Elijah from Sheffield went to a residential in Ambleside in the Lake District. Now a teaching assistant mentoring children up to the age of 16 in PE, he said that the experience “built his confidence and teamwork. I am now comfortable with speaking to young people. It’s the first time I’ve been able to look at things from the other side”.

Who was involved?
There are five groups involved with the project; 378 young people, DofE Staff, 32 Local Authorities, the volunteering charity and the Youth Hostels Association. Despite the very limited time available to arrange this year’s residentials, there were no major problems and everyone involved put in a great effort to make it such a success.

What was good to see was how well many different local authority groups worked with each other. Wolverhampton and Lincolnshire, as well as Cornwall and Southampton, were two examples of people from rural and urban areas working really well together.

The residentials also involved young people from diverse backgrounds learning from each other – again, this is what the DofE is all about. The number of Facebook groups that have popped up since the residentials show how everyone made new friends and had a great time.

What did we do?
The residentials involved a mix of indoor and outdoor sessions designed to develop individual talents and team skills. The main outdoor activity on the Wednesday was a particular hit, with the ‘Go Ape’ adventure and other similar events being really popular. This was also a chance for DofE staff to jump in and get more involved.

The programme was deliberately designed to keep everyone busy and to make the most of the five days. Although sometimes difficult to get things going in the morning, by the evening many people had pushed themselves and learnt something new, whether a skill they didn’t know they had or a weakness to improve on.

David (19) from Sheffield, said that “before the residential, it was hard for me to make friends”. He is now a confident teaching assistant with primary school children who is looking forward to seeing his new friends again in October.

What about the future?
Loads of those involved are now doing their Gold DofE programme and are inspiring other people in their placements.

We are now looking forward to the reunions in October and to the second set of Residentials next March, in the knowledge that so many young people are changing their lives through this project.

“This week has been so amazing. I have learnt so much about myself and met some great people.”
Emily from Sussex
Hearing stories about residential experiences is always amazing, but I honestly had no idea that a residential could have such an massive impact on people – until I experienced it first-hand. I recently returned from my first residential – what a blast! Through work, I got the opportunity to attend a vTalent Year residential as a Leader, working with staff from different offices whom I don’t really know, qualified youth workers and volunteers.

I was really excited and looking forward to doing something new, although slightly apprehensive as I didn’t know what to expect. I attended a training session and briefings beforehand, which helped me feel prepared.

**Fully integrated**

From day one I felt part of a team and, over the week, was given the chance to lead some sessions which gave me so much confidence. I was delighted when the Wolverhampton Local Authority Co-ordinator, who’d sat in on my session, expressed surprise that I wasn’t a youth worker!

I’d been unsure beforehand how I’d cope with being a Leader to some of the young people who were older than me but, in the end, this worked really well – there was loads of peer-to-peer respect and I found that I could relate to them better than some of the older youth workers could.

The residential really took me outside of my day-to-day environment, pushed my boundaries and allowed me to gain confidence and develop my teamwork and leadership skills – as well as seeing these come through in the young people taking part in the residential. On my return I was keen to develop the youth work aspect further and was wondering how to do it, when some colleagues suggested I did it for my Gold DofE!

**In at the deep end**

After considering it (for a very short time) I decided to go for it. My vTalent Year residential qualified for this section, so I only have four to go. Building on what I’d learnt and enjoyed during the week, I’ve signed up for an OU Youth Work course for my Skills and I go to a youth club every week for my Volunteering.

Five weeks in and I’m loving it – many of the young people come from disadvantaged backgrounds and different people turn up each time. I’m running sessions, especially creative ones, and I feel that I’m really making a difference. I’ve branched out for my Physical and have signed up for streetdance – going to weekly classes and aiming to put on a show at the end of 18 months. This is also something I can take back to the youth group and teach them in the future.

That only leaves my expedition, which, to be honest, I’m dreading but I know I have the determination to get through it. As it’s my personal programme I’m looking at options to do one that’s not walking-based, maybe even sailing – and I hope to enjoy it in the end!

These activities are things I would never have considered before the residential and it really has changed so much in my life so far. I’ll carry on and get my youth work qualification and experience. And who knows, it could even lead to a change in career… watch this space!
Each Operating Authority is able to choose when and how to implement eDofE – so check with your DofE Manager when you’ll be able to access the system. There’s no need to panic to get online – the system will allow backdating of activities started after 1 September 2009, until 31 March 2010 for those who enrol using the new Welcome Pack system.

We’re continuing to develop new, exciting features that will enhance everyone’s DofE experience which will be rolled out up until September 2010. Some of these things include:
- Incorporating feedback from the pilot users.
- Resources updated to include a more interactive ideas finder.
- Online expedition mapping.
- An achievement pack module, to allow participants to create a record of their DofE activity.
- Enabling MP3 voice evidence from Assessors to be uploaded.

As more Operating Authorities start implementing eDofE over the coming months, we welcome feedback, which will be monitored and actioned as appropriate. We will continue to seek innovative ways to improve the system and will communicate developments to our network.

A new Welcome Pack
Alongside eDofE we’ve developed a new Welcome Pack for each level, which contains:
- **An outer card box** – to store all elements of the pack. Young people can also add their own notes etc.
- **The Little Book of DofE** – a 12-page booklet introducing DofE programmes.
- **Keeping Track** – a 16 page booklet outlining eDofE, with space for young people and their Assessors to record their DofE activities. This can be scanned or photographed and uploaded into eDofE as evidence.

**Assessor Cards** – four cards (five at Gold) that young people can hand to their Assessor which outline the section, what they have to do/for how long and what the Assessor needs to do. Also included is information on the section’s aim, principles and how young people complete that section.

**Cotswold Discount Card** – a card giving 15% off at Cotswold. The Welcome Pack will be sent out instead of the Record Book Pack from 1 September 2009 for each participation place an OA orders. If you still have Record Book Packs, don’t throw them away – continue to use them, as they’re still valid!

**Participation fees**
Young people who want to do their DofE will continue to pay a nominal participation fee. This is their contribution towards the Charity’s costs in running their DofE programme and represents a personal commitment, adding value to their involvement. The fee represents a very small proportion of the overall cost which is heavily subsidised by the funds raised by the DofE Charity.

The DofE’s participation fees can be found at: [www.DofE.org/go/costs](http://www.DofE.org/go/costs)
This fee is the amount of money the Charity receives for each participating young person. Fees charged by your Operating Authority and/or your DofE centre may be higher as they may include additional administration or activity fees. Additional charges must be made clear to participants, Leaders and parents at enrolment stage.

Once participants have enrolled with their Operating Authority (via you as their Leader), they will receive:
- A Welcome Pack.
- An eDofE account.
- Limited personal accident insurance whilst taking part in DofE activities*.
- A certificate and badge upon completion of their DofE programme and confirmation they have achieved their Award.
- Upon achievement of a Gold Award, they will receive an invitation to a national presentation.

If you are not yet using eDofE, young people can use the Keeping Track booklet in the Welcome Pack to record and evidence their DofE activities. Please note that the participation fee is the same, regardless of eDofE usage.

The DoF’s participation fees can be found at: [www.DofE.org/go/costs](http://www.DofE.org/go/costs)

If you’d like to find out a bit more, you can take a look at further information and a demo online at [www.DofE.org/eDofE](http://www.DofE.org/eDofE)
Please see our insert for more information and a guide to the functionality that’s now available for Leaders and participants.

Surf’s up!
Tom Hartland and his DofE group from Devon, made their Residential the focus of their DofE programme, learning to scuba dive and raising funds to complete a residential project in Queensland, involving diving on the Barrier Reef, and conservation work around Cairns. They also completed their final expedition in Queensland, Australia. Their fundraising included bag packing at supermarkets, a disco, a variety show, running stalls at local fairs and fetes, and a Moonlight Cruise on the River Dart.

Plain sailing
DofE participant Louise MacLeod had a memorable voyage with the Ocean Youth Trust. She was buddied with a 16-year-old girl called Harriet who was partially sighted. They worked well together on the residential, learned how to sail the boat and also saw dolphins, seals and a nuclear submarine. Said Louise, “It is an experience I will never forget. I have made new friends and learned things about myself.”

The DofE spirit in action
Jade Smethurst, a DofE participant at Wright Robinson College, Manchester is one-of-a-kind. Following an horrific accident, in which she lost both legs below the knee, she has shown the most remarkable determination, courage and personal mental strength. She was part-way through her Bronze programme when the accident happened – with her expedition still to be completed. Refusing any special plans, Jade was determined to be walking again a few months later, on prosthetic limbs, in time for her expedition. Jade was on course to completed her final expedition this summer.

A smart idea pays dividends
Blackpool Young People Services Open DofE Group are glad they invested in some DofE branded gear. Said DofE Leader Neil Morris, “We ordered polo shirts, hoodies and jackets and they have proved to be excellent for all our activities, indoor or outdoor. They have given us the opportunity to raise funds for our group by bag packing in local supermarkets. We had tried to get a foot in the door with local stores previously but to no avail. We took a photo of the group, dressed in our smart DofE polo shirts and sent it to local supermarkets and it did the trick! We did our first bag pack at Sainsbury’s and collected £410.” Order yours at www.DofE.org/shop
The DofE in action

Saw point
Young people from C.Company (North) Devon Army Cadet Force spent a day working alongside other local organisations to tidy up Ford Wood, near the site of Bideford Zoo. The Cadets were selected to fell and clear areas where laurel trees have dominated, denying native plants the chance to flourish.

Promoting the cause
Owen Coyle, manager of Burnley FC, has become their new DofE Player Ambassador. Celebrating their promotion to the Premiership, Burnley FC is keen to encourage its young fans to undertake DofE programmes.

Fabulous farmer
The annual Duke of Edinburgh’s Award ceremony took place recently at the King’s Hall Conference Centre, Belfast. During the ceremony Emma Kyle from the Young Farmers’ Clubs of Ulster was awarded a prize for making a significant contribution to the DofE. Emma is a leading example to others by involving and encouraging new participants to complete their programmes, while at the same time, working hard to complete her own.

Langdon Students Ride towards Bronze DofE Award
Students from Langdon College, Manchester, are learning horse riding skills as part of their Physical section, through the Jewish Lads’ & Girls’ Brigade (JLGB). The challenge of horse riding gives the students the opportunity to develop self-confidence, balance and an all round improvement in individual physical well-being.

DofE Chief Executive Peter Westgarth was pleased to present the Rotarian’s highest volunteering award, the Paul Harris Fellowship, to Rotarian Peter Nott for his achievements including 15 years as a DofE volunteer. Pictured above are: Peter Renshaw, Taunton Rotary Club Chair, Peter Nott and Peter Westgarth.

Fourth year pupils at Wallace High School in Stirling presented a cheque to Ochils Mountain Rescue Team this spring. The money was raised by the group who organised ‘Wallie’s got Talent’ as the Volunteering part of their Bronze DofE programmes.
The DofE in action

Gas-powered fundraisers
British Gas employees raised £19,000 for the DofE Charity last June. Some 34 teams from British Gas competed against each other in a 24-hour DofE-style expedition challenge event. While the cold and rainy weather presented a force to be reckoned with, the teams’ positive attitudes prevailed to make the event a great success.

Mersey magic
The DofE Award ceremony in Merseyside saw over 500 young achievers receive their Awards from the Mayor of Sefton, Paul Tweed, The High Sheriff of Merseyside Judith Greensmith and the Lord Lieutenant of Merseyside, Dame Lorna Muirhead (pictured here with Gold Award holder Tom Delamere).

Top alternative
Congratulations to Worcestershire’s first group of young people following DofE programmes as an alternative curriculum model who all achieved a Bronze Award. The project, delivered by Worcestershire’s Targeted Youth Support involved working with countryside rangers on land clearance.

Club Ink
Club Ink is a youth club whose members include young carers or young people with physical or learning difficulties and is based in an area of social deprivation in Soberness, Southend-on-Sea, Essex. They’ve just completed their Bronze expedition and are now looking to start their Silver DofE programmes.

Kings of the road
DofE participants from Kings School, based in Germany, completed their residential by going to Berlin and assisting a local primary school and working with young children. The DofE is thriving at the school, which caters for children of those serving in the British Armed Forces there.

Roddy marvellous!
Roddy Ross (second from right), Gold Award holder, and committed DofE volunteer, received a Lifetime Achievement Award at the National Youth Work Awards Dinner, hosted by Youthlink Scotland.

SNAPSHOTS
A group from Arrow Vale Community High School in Redditch were doing a practice expedition in the Lake District. On their way back after a day climbing Scafell Pike, they spotted walking poles on the path and went to investigate. Their curiosity led them to find a 70-year-old man who had fallen about 30 feet, where they gave first aid and summoned the emergency services.

The Potteries Shopping Centre, Staffordshire, has linked up with the DofE in the area to encourage young people to learn about the different aspects of running a shopping centre and gain first-hand experience of how a multi-million pound business operates. The activity will complete the Skills section of the participants’ DofE programmes.

Taking part in extra-curricular activities outside the normal school timetable significantly boosts pupils’ chances of achieving top marks in GCSEs, it is claimed. The Independent Schools Council, which carried out the study, said taking part in activities, such as the DofE, beyond the normal school day, boosted children’s self-esteem, confidence, team-building skills and increased their circle of friends.

A mother duck and 13 ducklings were discovered in Calderdale College grounds by students working on their DofE programmes. After getting advice from the RSPB, the participants decided to create a special area for them, away from possible disturbance, and kept an eye on them as they grew.

The Duke of Edinburgh opened Christ’s College, Guildford, to view the new facilities and unveil a plaque in June. The college has been rebuilt on playing fields adjacent to the previous building, where the theatre has been named after the Duke. During the visit he met DofE participants and found out about their progress through their programmes.

Supported by PCSO Jan Cooper and youth worker Sandie Morrison at the Keyham Green Places Community Centre, four young people took up the challenge of a Bronze DofE programme and achieved Bronze Awards.
As the political parties are enjoying their annual conference season and gearing up for a general election next year, the question comes to mind – could politics provide a few ideas to add to a DofE programme?

Contrary to popular perception, and as we know, young people are keen to get involved in their local communities. They campaign and are passionate about issues, from animal welfare to access to health services and many want to change the world.

According to the 2005 Citizenship Survey, in 2005 around half of 16-19s were providing informal help within their communities, while a third were formal volunteers, showing that they care about making a difference.

Traditionally, the route to effect lasting social change is through politics. However, many young people feel divorced from this part of their community. In the Girlguiding UK report, Active Citizenship: Girl’s Shout Out, over a quarter of the young women surveyed would like to participate in national or local politics but many find their efforts aren’t recognised or supported.

Building some political elements into a DofE programme could give young people a way of acting upon their passions. Why not think about suggesting ideas like those below into one or more of the sections?

Volunteering
At a local level, political parties are run by volunteers. There are lots of activities to do, from canvassing to being a member of the local branch or association committee. They all involve hard work, perseverance and active engagement with local people – which offer lots of social development opportunities. Most parties also have a youth section, allowing young people to work with activists of their own age. If joining a party doesn’t appeal, why not get them to think about forming a volunteering team to lobby the council on issues that matter to them?

Skills
With a general election on the horizon, running a mock election at school or taking part in the UK Youth Parliament would be a great way to build up a range of skills and complete a DofE programme. This could include debating, PR, planning or public speaking. They could look at whether there’s a local youth mayor too.

Physical and Expedition
Staying fit and healthy is vital to being active politically. Not only does it help if a young person’s pounding the streets and knocking on doors with a canvassing team, it also gives them another community interest.

Of course, for their expedition, their aim could be to look at the history of land and access rights in the UK, re-enacting the Kinder Scout trespass, for example.

Residential
Political conferences take all sorts of forms, the most recognisable of which are the annual party conferences in the autumn. Usually lasting for five days, these would give young people a chance to meet and work with people they didn’t know in a residential setting. We attend as a charity as it’s a great place to influence decision-makers. There are also several other conferences that aren’t for political parties but could be of interest e.g. the NUS LGBT conference or those run by groups like Amnesty.

Presenting a DofE Award means that we, on behalf of wider society, are proud of what a young person has achieved. If someone in your area is interested in politics let’s celebrate that they are standing up for something they believe in and sticking with it. Perhaps a future Prime Minister’s already working towards their Gold Award?

“Attending a party conference is a different but exciting residential that can relate directly to something that the young people are interested in. The young people will become more informed and the conferences should help them form their views.”

Jen Dennis
DofE Ambassador and Leader
RESIDENTIALS: POLICY AND GUIDANCE

The Residential section can have a dramatic impact on DofE participants. Getting there, however, can take real commitment and support from you, their DofE Leader. Finding a great residential can be easier said than done but working out if it is appropriate, finding the money to fund it and understanding exactly what they got out of it can be a lot harder.

This is the section which really makes a Gold Award stand apart from Bronze and Silver and is a real opportunity for participants to do something outstanding; pushing themselves to excel. It is also the section which can cause the most problems. A survey of DofE Regional Offices recently found that around 80% of the few Gold Award notification forms which are rejected each year are as a result of a problem with the Residential section.

Getting started...
To help you the DofE has created a Guidance Sheet for DofE Leaders – advising on residential activities which includes several tools to make this a successful section. We introduced this sheet in the summer and it includes a one-page flow chart to help young people check the appropriateness of an opportunity, but you can use it as a resource to help decide if their choice will count.

1. Understanding
The section begins with understanding what the principles and benefits are. You need to make sure that young people see the section as exciting and an opportunity, rather than trying to avoid it by back-dating old trips.

Use the Handbook for DofE Leaders to explain what they can get out of the section and the importance of being assessed and debriefed. Express that they should be developing as part of their wider DofE activities so back-dating something does not benefit them in the same way as pushing themselves to do something outstanding. You can also encourage participants to use the Programme Planner (available from www.DofE.org/go/downloads) to help them think about what they want to get out of the section.

2. Inspire
The next step is to inspire young people to think outside of their normal spheres and imagine opportunities they may never have seen themselves doing – let their imagination run riot! There are five examples on the guidance sheet to help and many more in the Handbook. You could get other young people who have achieved
their Gold Award to come in and talk about their experiences and the sorts of things they thought about doing. Some of the more unusual ideas are featured on page 18.

3. Locate
Help your young people to find some real opportunities. You may have a lot of resources stored already, but the internet is overflowing with activities in the UK and across the world. Your participants could start by looking at opportunities on our website [www.DofE.org/opportunities], which includes opportunities from AAPs. There are many local charities that provide non-profit making overseas trips but which may not be online, so ask your participants to investigate their local community, starting at their library.

4. Applicable?
An essential part of your support role is to make sure that an opportunity is applicable to the DofE’s sectional conditions. All too often we hear of young people spending a lot of time and money and then not being able to count a trip for the section. Help is at hand. The residential guidance sheet builds on the Handbook by clearly outlining five key considerations with further explanation so you can talk confidently about what is and is not applicable, and you can also use the Leader’s Checklist. Remember you can use AAPs with 100% confidence that their programme will meet the DofE’s sectional conditions.

5. Funding
Exciting activities and overseas adventures can make the Residential section expensive. Your role is to help and support your young people to make the trip happen. For many young people taking on an expensive trip will require using money from a part-time job, doing fundraising events and applying to opportunity funds. Make sure they give themselves plenty of time to find the money and that they know exactly how much it will cost and when (for useful advice and contacts see [www.DofE.org/go/funding]).

Taking on a challenge like this can make their section even more rewarding, developing many more valuable workplace skills. Keep your support up as participants may start with lots of enthusiasm and become swamped by the scale of the task before them.

6. Debrief
When the young person gets back from their residential it is vital that you help them to understand how they have developed and changed as a result of the experience. Your debrief doesn’t need to be formal and you can use it to help yourself in the future. You could ask the participant to create a file or scrapbook on what they achieved and felt they got out of it to pass on to future participants. If they feel comfortable, ask if they would talk to your new Gold participants.

If you thought the trip was great, you could recommend that the organisation running it becomes an AAP or, if they used an AAP, send feedback to aap@DofE.org. Good or bad, we want to know!

We are trying to make the range of AAPs as big as possible to help all young people undertaking DofE programmes access more opportunities.

It’s up to you...
Seeing the difference in one of your young people when they get back from a fantastic residential is one of the highlights of being a DofE Leader. After such a huge amount of effort we want to make sure that every residential that participants undertake can be counted towards achieving their DofE and appreciate your support in making this happen.

Download the planners and checklist referred to here at [www.DofE.org/go/downloads]
...a water-bladder backpack!

These great backpacks are perfect day sacks and come complete with an integral bladder and drinking tube, allowing the user to be refreshed without stopping.

We’ve got ten of these to give away... Simply send us a photograph and caption of your DofE group in action – and not just on an expedition!

Email the picture to magazine@DofE.org along with the caption, plus the name of your group and your postal address, and with ‘Bladderpack’ in the subject line.

We’ll draw ten lucky winners at random on 5 November 2009.

I.C.Y. Expeditions

“Educational, Inspirational & Fun - Training, Practice and Assessment Expeditions led by qualified Mountain Leaders in the remote wilderness setting of the Cambrian Mountains of Mid Wales.”

- Gold & Silver training, practice & assessments
- Navigation training
- Groups and open participants welcome

For more details about a truly rewarding experience for DofE participants please contact rhydian@i-cy.co.uk 01974 298940 / 07813 702 982

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Welsh language instruction available

www.icyuk.co.uk

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Join the crew of a magnificent 60m Tall Ship or a 22m Round-the-World Challenger Yacht and set sail for the adventure of a lifetime. You don’t need to have any sailing experience – you will learn as you go.

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If you want something different, fun, challenging and something that will stay with you for the rest of your life, a Tall Ships Adventure is the thing for you.

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info@tallships.org

www.tallships.org

Qualifies for your Gold Award Residential Course
Over 7,000 young people a year are invited to attend a Gold Award Presentation (GAP). As a result of the increase in the number of Awards achieved, small changes are being made to the presentations system...

Old Award Presentations are very special occasions held at Royal Venues throughout the year in London, Scotland and Northern Ireland. Approximately seven presentations per year are held at St James’s Palace in London for around 750 young people per day and one in Scotland at The Palace of Holyroodhouse for approx. 700 young people. Each has a morning and afternoon session. There is also one at Hillsborough Castle in Northern Ireland for 100 young people.

In order to manage the increased number of young people invited to a GAP, and to ensure as many young people as possible are invited to a presentation within a year of completing their Gold Award, we have had to simplify our processes from those that were established when numbers were smaller. After a thorough review of the systems required to run a GAP the following changes have been made:

- **Adult representatives:** Young people will no longer be able to nominate an adult representative on their Gold Award notification form. Instead, DoE Offices will invite a number of guests for each presentation. These guests are likely to be involved in the delivery of DoE programmes, for example an amazing Leader or an Operating Authority staff member. Regional Offices may decide to liaise with their Operating Authorities to help them choose who should receive an invitation for a GAP.

- **Number of invitations:** Young people will be invited to two GAPs (not three as before) then be sent their certificate by post if they attend neither. For London GAPs, if they decline their first invitation, they will not be invited again for another three months. For Scotland and Northern Ireland it will be the following year.

- **Deferring presentations:** Young people can no longer defer their presentation until a later date that suits them, nor can they hold their presentation to wait for their friends. They won’t be on their own on the day – as always they can bring one guest with them to their GAP (two in Scotland and Northern Ireland).

- **Format of the day:** The format for GAPs on the day remains the same. HRH The Duke of Edinburgh or HRH The Earl of Wessex will meet groups of young people to congratulate them on their achievement. They will then be presented with their certificate by a VIP or a celebrity.

- **New Gold form:** A new Gold Form is now available which reflects all the recent changes at [www.DofE.org/GAP](http://www.DofE.org/GAP). Please ensure you start using this form as soon as possible.

If you have any questions about GAPs we’ll be happy to help. For London GAPs, please email us at gap@DofE.org or call us on 01753 727 431. For questions about GAPs in Scotland please email gapscotland@DofE.org or call 0131 343 0920, and for questions about GAPs in Northern Ireland please email nireland@DofE.org or call 0289 050 9550.
OUT OF THE ORDINARY

Are your participants looking for something really different to do for their Residential section? Dave Wood trawls through the records to see what DofE participants have been doing – or could be doing...

Help disabled holidaymakers

Vitalise has been providing short breaks for disabled people and carers at accessible centres in the UK since 1963. Participants, mainly aged 18+, can help at week-long camps at centres in the UK. Very rewarding, and it’s great to give holidaymakers an experience they couldn’t have under their own steam. My mum loved them. www.vitalise.org.uk

Spanish & cookery programme

A Spanish language course (20 lessons per week) and cookery programme combined. Designed with the cooking enthusiast in mind, there are a series of cooking lessons with food and wine related activities. The programme includes a local visit and cultural talks linked to food and wine. Open to both beginners and skilled cooks. www.traveltree.co.uk

Dolphin studies

Participants can join an ongoing study of the communication, behaviour and social lives of bottlenose dolphins along Italy’s Emerald Coast. They (the participants) take photographs, observe behaviour, and monitor their sounds. Perfect for those who love these friendly, flippy creatures. 18+ www.traveltree.co.uk

Peruvian mountain orphanage

This orphanage in the spectacular Peruvian Andes provides a home for children and gives daily meals, a bed and schooling for them. The children need love, time and attention on a one-to-one basis. Volunteers help with this and organise activities for the children, teach songs and English, help with homework, provide praise for individual efforts and provide company whilst they watch TV... Cost £47 per week. 18+ www.originalvolunteers.co.uk

Olive harvesting in Umbria

A memorable week can be spent harvesting olives for just £385. They can help villagers harvest their olives in a busy, friendly week, topped by a traditional olive-packed banquet at the end... and with a bottle or two of fresh olive oil to take home. www.btcv.org.uk

Help Polish beavers

We don’t mean making small rodents of the castor genus shine. This is about helping the beaver re-introduction programme in the south eastern corner of Poland (the Bieszczady Mountains, since you ask). Keen beaverologists will be involved with the work of researchers, including finding them (the beavers, that is), studying their behaviour and their impact on their surroundings (and vice-versa). www.ecovolunteer.com

Ecotourism in Kyrgyzstan

Go on, look it up on a map (it’s on the right, in the middle). Participants might develop and map a mountain trail or promote the area by developing PR materials, whilst sleeping in a yurt they built themselves. Lovely. 17+ www.ivsp.org
Study gibbons in Thailand
Volunteers in Thailand work a six-day week for eight hours a day on a range of gibbon-related activities. These can include feeding them, checking their health, mapping their movements and guiding tourists. Three weeks minimum stay. $1,090 plus travel. Funky. 18+
www.ecovolunteer.com

Help run a festival in Belgium
Na Fir Bolg is a three-day family folk music festival which takes place each July. It provides an alternative for commercial festivals and works only with volunteers. Participants will be busy building up and breaking down the festival as well as providing creative input. A sort of small-scale Belgian family Glastonbury type thing. Perhaps. 18+
www.ivsp.org

Dry stone walling
High in the hills of the West Tyne Valley, participants can live and work in the shadow of the Hadrian's Wall world heritage site. Wild and windswept (the location, not the participants), the site needs dry stone walls built by keen young people aged 16+
www.btcv.org.uk

Toad wardens
Volunteers are needed to help toads get safely across roads to keep the population going – mainly at night and from January to March each year. Whilst there don’t appear to be any specific residential opportunities available nationwide, why not organise one yourself and help those bouncy little fellows?
www.bbc.co.uk/breathingplaces

Disability challenges
For young people with disabilities who want to try some adventurous outdoor activities, they could give the Calvert Trust a try. Week-long courses will challenge all abilities and give them the chance to meet people. Able-bodied volunteers are also welcomed as carers.
www.calvert-trust.org.uk

Social services in China
Teen Volunteer Abroad is a programme specially designed for teenage volunteers aged 15-17 who wish to travel independently but still have 24-hour supervision. Work is in the areas of education, health and social services. An action-packed nine or 14-day programme.
www.crossculturalsolutions.org

Learning yoga in India
Participants will learn the basics of Yoga and Ayurveda (a sort of alternative medicine) in three weeks. Yoga will be practiced every day. Volunteers will also help at the herbal garden and in the nearby school which is in need of simple renovation work and interact with the children teaching them basic English and maths, health and hygiene awareness etc. Create a calmer karma. 18+
www.ivsp.org

Be a beach lifeguard
Choose a rewarding career as a beach lifeguard by training at The National Lifeguard Training Centre, located right on the beach in Newquay, Cornwall. Its beach lifeguard training courses are backed by the Royal Life Saving Society (RLSS). If they love the surf, extreme sports, beach holidays, ice creams and the outdoor life, then a career as a beach lifeguard could well be for them.
www.beach-lifeguard.co.uk

Teach English in China
Work consists of developing friendships between the participants and local students/teachers. They’ll live in a school and teach English with the local English teachers, and learn Chinese and the local language. Spare time is filled playing games with students. 18+
www.ivsp.org

Teach computer skills to orphans in Cambodia
Volunteers can be teaching basic computer skills and English in an orphanage’s classrooms in Phnom Penh. Interaction with the orphans helps them improve their English, which will be an asset when they are looking for a job in the future.
www.takemetovolunteertravel.com

Help on a farm
Enjoy Tuscany for free on a working holiday. Fine food, comfortable lodgings, all theirs for nothing. Well, almost. They have to help out on the farm for about five hours a day, five days a week. There are more than a dozen farms across Italy, and dozens more across Europe which offer these opportunities.
www.helpx.net

IMPORTANT: The Duke of Edinburgh’s Award does not endorse any camp sites, activity centres, courses or other opportunities contained within these pages. The Duke of Edinburgh’s Award cannot and will not be held responsible for any arrangements, financial or otherwise, concerning participation in any opportunities described here. Participants should check with their Operating Authority to ensure that an opportunity they wish to pursue will count for their Award. There is no guarantee that participation in activities offered by non-DofE Operating Authorities will count towards any part of an Award. The DofE will not take any responsibility for any statements made or from any matter arising from any term printed here. Whilst every care is taken to ensure that each entry is accurate, The Duke of Edinburgh’s Award does not take any responsibility for any errors regarding any entry.
As part of an ongoing review of the materials we produce to support you to run DofE programmes, we decided to research the effectiveness of our programme resources, which have not been reviewed since 2000. The result of our research is a fantastic new resource to help you inspire your group with the activities they can do and advise them on how to plan their DofE programme.

To ensure we got the resources right for the network, the programmes team from UK Services consulted over 170 DofE Managers, 250 Leaders and more than 50 participants, and researched over 30 other organisations’ resources.

The research showed that most young people choose their DofE activities by talking to their Leader, and that our programme resources need to help Leaders encourage and guide their group with what activities to choose.

**Results**
The research indicated that a range of resources were needed, that can be used with young people from different backgrounds in different settings, and that our resources needed to be:

- **Fun and inspirational** – to help young people choose an activity
- **Detailed and simple to follow** – to help Leaders guide young people on specific types of activity.

It is also, of course, vital that our new programme resources reflect our new brand, the changes from the Service section to the Volunteering section and demonstrate the huge range of activities that are possible.

The team took these findings, created mock-ups of programme resources and ran focus groups in a range of settings from Young Offender Institutions and schools, to meetings with our young ambassadors – and the result is the new programmes cards.

**What are they?**
The programmes cards meet Leaders’ requirements. They are a fun, inspirational resource to help young people choose an activity for each section of their DofE programme. The cards are there to inspire young people with the different activities they can do and to help them think up new ideas which are enjoyable and accessible for them. They are there to help all DofE participants, but they are particularly aimed at Bronze participants when they have no idea what they want to do.

In addition, the programmes cards are in a box which also contains programme guidance notes for Leaders, which give a detailed breakdown of what a young person can/needs to do to complete each section. These are specifically written for over 30 different types of activity, spanning all the sections, from performance arts to helping people to extreme sports, so Leaders can gain detailed knowledge and provide advice and support.

How will a mouse mat, a bouncy ball and a boxful of cards help you run DofE programmes? Saskia Corder, the DofE’s Head of Programmes, tells you how...
The cards have been designed to:
- Work for various literacy levels
- Keep a young person’s attention span
- Be colourful and reflect the DoE’s sectional colours for easy reference
- Be able to be used in an interactive environment, with each programme idea on a separate piece of paper, so the cards can be sorted, removed and used in games
- Be able to be used to promote local opportunities and activities.

What’s in the box?
The programmes cards are all contained in a plastic branded box which is easy to transport and keep together.

They are gloss coated and will endure lots of usage. The cards are 10x15cm, which is a standard photographic size so, if you want to include more personal options after you’ve used the blank cards provided, you can simply print on photographic paper or thick card yourself. The exact contents of the box will be:

- **Introduction and how to use the cards** – an introduction to the pack, games to use with the cards and information on eDoE.
- **Tabbed dividers** – introductory information and cards on each section, and listing categories of activity in each section.
- **Programmes cards (110 cards)** – a number of example activities for each section, using an inspiring photograph and providing five different ideas on each card to inspire young people and get discussions going.
- **Programme guidance notes (33 leaflets)** – detailed information to support Leaders

Other useful resources
These programme cards work alongside other resources available for Leaders, including:

- **Session plans for DoE Leaders** – these are to help you run sessions with your group to get them excited about their programme and what activity they might do. There is a session plan relating to every DoE section and an extra session plan on team volunteering.
- **Programme planners** to help young people think through and record how and where they will do their activity, what their goals are and who will support and assess them.
- **Leader’s checklist** – a one-page list for a Leader to use to check that a young person’s programme meets the DoE’s requirements.

These items are available from eDoE or [www.DofE.org/go/downloads](http://www.DofE.org/go/downloads)

Programme resources
A quick guide to a young person’s programme, and the resources available to help Leaders support their participants.

Start:
Young person wants to do their DoE and needs to choose their programme

Tools to inspire:
- Session plans
- Programmes cards

Tools to guide:
- Programme guidance notes
- Leader’s checklist

Tools to support:
- Programme planners

Give to Assessor:
- Completed Assessor card from Welcome Pack
- Completed programme planner

Tools to record:
Start doing activity and log progress in eDoE and/or Keeping Track booklet

Finish:
Young person completes their programme and achieves an Award
Take the Helm

Ever wondered how it feels to steer a 15 metre yacht in a fresh breeze? Adventures Offshore can make it happen for you. Our yachts sail most Summer weekends with crews of up to 11 guides or scouts. All for just £98 per person all in. Ring 01206 385071

sailing@adventuresoffshore.co.uk
www.adventuresoffshore.co.uk

CookAbility

Five Day Residential Cookery Course

An ideal opportunity to gain a new skill that will last a lifetime

Tricia Samways – Tel: 01823 461374
Venetia Cameron-Rose – Tel: 01823 432419

www.residentialcookery.com

• GAP Year • Chalet Cook • Self-Catering Student etc. •

The Deer Manager’s Country Pursuits Course

A fun and flexible five day residential course which includes wildlife tracking, munitions and range training, photographic stalking and countryside skills in a country setting near Taunton, Somerset.

Peter Samways – Tel: 01823 461374

www.thedeermanager.com

A to Z Expeditions

A to Z are specialists in DofE training and expeditions. Let us help you with your DofE programme.

We offer a comprehensive service:

- Expedition programme designed specifically for your group.
- Full pre-expedition support from our operations team.
- Training delivered at your school or centre.
- Expeditions locations across the UK.
- Team of experienced instructors and accredited assessors.
- Free use of group kit eg. Tents, Stoves and Maps.

Cost – £40 per participant per day, minimum of 10 participants.

Sample programmes:

Bronze
1 day in-school training
1 day practice expedition
1 day qualifying expedition
Cost £200 pp

Silver
3 day in-school training
3 day practice expedition
3 day qualifying expedition
Cost £380 pp

Gold
2 days in-school training
4 day practice expedition
5 day qualifying expedition
Cost £440 pp

DofE training and expeditions

Open Gold Expeditions - for individuals and small groups. We have a few spaces left on the following Open Gold Expedition.

- Gold Qualifying 19th – 24th October
Cost £240 pp
Watch this space for details of Open Gold Expeditions in 2010.
INTERVIEW

Ben Shephard
Television presenter

Television presenter Ben Shephard has fond memories of his trek up Mount Kilimanjaro for Comic Relief – a truly memorable residential experience and one which reflects the philosophy of the DofE’s Residential section.

What made you decide to take part in the challenge?
The chance to face an incredible physical challenge and raise loads of money for charity was too good an opportunity to turn down.

What was it like living and walking with people you didn’t know?
The group was full of characters so there was always tons of chat and stories being told. It was a great way of getting to know each other which led to a huge amount of trust between us.

How did you all become a team?
We trained hard before we left and had a couple of get-togethers. When we arrived in Tanzania we had a few days to bond some more – a good meal and a drink always helps.

Do you think it was teamwork that helped you all succeed?
We would have failed had we not worked as a team. The support of our fellow climbers was vital for keeping our spirits up.

What advice would you give DofE participants about to embark on a residential experience?
These experiences are never going to be easy, but they are always going to be so worthwhile. Try and embrace the environment and always remember it will finish. Life will go on and you will be back in a dry warm bed very soon.

What do you think DofE participants will get out of taking part in a residential experience, particularly a physical one like yours?
So much. They’ll meet people and get to see new scenery – and have a brilliant laugh!

Why do you support the DofE?
I am a huge fan of what the DofE promotes and the opportunities it presents. Life is about experiencing things, getting out of your comfort zone, pushing yourself to new heights and soaking up everything that is thrown at you. The DofE offers a unique way of building up the qualities any young person will need to cope with the challenges that life will throw at them, the ability to turn negatives into positives and introduce them to experiences that can alter their life forever.

"The DofE offers a unique way of building up the qualities any young person will need to cope with the challenges that life will throw at them, the ability to turn negatives into positives and introduce them to experiences that can alter their life forever."
New expedition conditions
After 1 January 2010 the DofE will only accept expeditions provided directly by Operating Authorities (OA) through their OA licence or Approved Activity Providers.

Should you have already booked an expedition before this date but are undertaking it after 1 January this is not a problem, it will still count as it was booked in good faith.

After 1 January you will need to book DofE expeditions through an AAP or complete it with Operating Authority staff or volunteers.

Access organisations
Following a review of the effectiveness of Access Organisations, and building on the success of the Approved Activity Provider (AAP) pilot, we have decided to change the status of our licenced partners, currently called Access Organisations. We are working with our DoE Managers and Access Organisations to offer them an appropriate new partnership arrangement – either to become a DoE Centre under the local Operating Authority licence; or an Approved Activity Provider.

If you are an Access Organisation but haven’t yet received any information, please get in contact with your National or Regional Office.

Birthday Honours
In the recent Birthday Honours List, HM The Queen conferred the award of CVO upon Mike Blackburn, Trustee of the DoE, and Chris Lowe, a former trustee. Former DoE Director for Northern Ireland, Eric Rainey, was also awarded the CVO in recognition of his outstanding work for the Charity over many years.

The DoE congratulates them and all others who received awards for their work with young people.

Programmes Toolkit
Please note that the Programmes Toolkit, previously referred to in these pages, is currently under development and will now be published in 2010.

Expedition Areas
Please note that the Peak District Expedition Area has a new email address: peakdistrict@DofE.org

The Cumbria Expedition Area is now administered through the North West DoE Regional Office. The current list of contacts is available at www.DofE.org/go/expeditionareas

Approved Activity Providers

- No Limits Development, a new business providing expeditions mainly to local schools near Wroughton in Wiltshire. Tel: 01793 846686.
- AdventuraScotland, Scotland-based, with 30 years experience delivering expeditions and Gold Residentials. Tel: 07769 701934 www.adventurascotland.co.uk If you are a provider of expeditions or wish to become a DoE Approved Activity Provider please contact us at aap@DofE.org or by sending us an initial interest form which can be found at www.DofE.org/go/aap

Our full list of AAPs is available at www.dofe.org/go/currentaap
Celebrities experience it in the jungle, all sorts of wacky folk get it in the Big Brother house, Ben Fogle thrived on it on Taransay and it changes the lives of Gold DofE participants. It’s that unforgettable experience of being thrown together with a group of people you don’t know and given a shared objective – the Residential!

Whilst participation in the Volunteering and the Expedition sections provide a great team experience, it is the Residential that exposes young people to a whole new world of other people’s foibles and egos. It can either have you screaming “get me out of here”, shouting “you’re evicted” or sobbing “I never want to leave”.

Whatever the outcome, the experience is a vital step in personal development. How to work with others, spot strengths and weaknesses, avoid conflict, create solutions and have fun.

As a DofE Leader you have the challenge of providing or helping to source stimulating residential opportunities for your Gold participants – a tall order. This edition of the magazine will provide you with lots of new ideas, tips and great opportunities....

The Residential section – another DofE idea that is 40 years ahead of reality TV!

The future is now...

Speaking of being ahead of our time, eDofE is with us and being taken up by growing numbers of the next generation of DofE participants.

I want to take this opportunity to thank the many hundreds of young people, Leaders and Operating Authorities who took part in the pilot and fed back detailed suggestions for improvement. The first phase release is now with you and available to take up when you are ready. But don’t hesitate too long – the transition phase to 2011 will fly by and the sooner you are in it, the sooner you’ll understand it and start benefiting from the facilities it provides to you as a DofE Leader.

So work with your OA to get your transition plan in place now!

Phase two developments are already underway – see page 9 for more details.

Ups and downs

Finally, proof that every cloud has a silver lining. Imagine my dismay, as a Newcastle fan, when the lads were relegated to the First Division, and then my joy at finding they are now eligible to get involved with our Football League Trust initiative! They were quick to volunteer themselves at our Football Initiative Conference last June – Howay the Lads!
OUT THERE

No Added Sugar

This book tells how 14 year old Fibi Ward was diagnosed with Diabetes Type 1 when she was 13. She wanted to read something written by somebody of her own age, from their perspective, about how they dealt with being diagnosed and to reassure her that her fears and worries had been normal. She was scared about returning to school and that she would never have a boyfriend because she would be different. She never found such a book, so decided to write one herself instead. Available from all good bookshops, a must-read for young and old alike.

Take the Kitchen Sink!

The Kitchen Sink is a great accessory for the environmentally conscious camper. Hidden snuggly away in a handy carry pouch, it pops out and expands to give you a sink that will hold up to five litres of water. The steel rim keeps the sink upright once it’s been filled, and the reinforced carry handles will make carrying the water easy. Once you’ve done your dishes it folds up easily and slips back into its pouch. £8.99 www.iwantoneofthose.com

Head's Up is an innovative website (www.headsup.org.uk) where under-18s debate political issues and learn about the political process. The site is a non-partisan, cross-party educational resource that provides a secure, structured and student-centred discussion platform, run by The Youth Citizenship Commission. Young people, youth workers and teachers can all get involved in the debates, which could all be a useful addition to a Skills activity looking at politics.

Funambulistic!

Funambulism (tightrope walking) has moved on. Slackline is the new version, using the flat nylon webbing commonly used in mountaineering. Why not buy a kit and set it up between two sturdy trees, to give your participants an interesting new skill to learn? Slackline.org.uk says that it should take a first-time user an hour to gain enough confidence to keep their balance. £44.99 www.iwantoneofthose.com

Shed the Darkness

Store on top of your rucsac or on the car’s rear parcel shelf and you’ll have light for the evening at camp. This solar-powered LED ‘Shed Light and Torch’ is completely portable, (so doesn’t have to be used in a shed) and uses 13 bright white LEDs and it’s waterproof. £12.99 www.maplin.co.uk

Getting Political...

HeadsUp is an innovative website (www.headsup.org.uk) where under-18s debate political issues and learn about the political process. The site is a non-partisan, cross-party educational resource that provides a secure, structured and student-centred discussion platform, run by The Youth Citizenship Commission. Young people, youth workers and teachers can all get involved in the debates, which could all be a useful addition to a Skills activity looking at politics.

Fairtrade Schools

The Fairtrade Foundation has produced a new DVD called Are you a Fairtrade School – All you need to know. The DVD features 25 school case studies from the UK and provides ideas and inspiration for students, teachers and young people in education. The DVD has sections on How does Fairtrade work and How to become a Fairtrade School. It’s packed with ideas on organising events such as a Fairtrade assembly, harvest festival, producer visit, fashion show and Fairtrade day. Ideal for participants undertaking Fairtrade work for their DofE programme. £5 from: www.fairtrade.org.uk/schools.

Read all about it!

Make sure you get the latest news from the DofE by subscribing to DofE news, our monthly email newsletter. Sign up at www.DofE.org/signup

DofE magazine - issue 4 Autumn 2009
WIN SOME FAB EXPEDITION GEAR!

For a chance to win £250 worth of Recommended Outdoor Gear can you tell us how much the 20 Litre Ultra-Sil Dry Sack, by Sea To Summit weighs in grams. Is it:

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HOW TO ENTER: Please visit www.recommendedforareason.com/win for your chance to win the prize.

The competition closes on 30 November 2009. For more competitions visit www.recommendedforareason.com

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The call of nature
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ADOPTABILITY
Projects Abroad are offering young female gap year volunteers the opportunity to remain indefinitely in contact with a child they have developed a particularly strong link with in a family. Find out more about their opportunities, which could count for their DoE Residential section. www.projects-abroad.org

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EXPEDITION TRAINING:
Training opportunities for groups at all levels of DofE programmes in expedition skills (navigation, campcraft and first aid), open canoeing and kayaking at Longtown Outdoor Education Centre, Brecon Beacons. High quality, comfortable accommodation with full board for up to 55 and camping facilities set in beautiful surroundings on the eastern edge of the National Park. Minimum group size eight. The centre is licensed by AALA.

RESIDENTIAL

SPORTS CAMPS:
Let Me Play are leading specialists in sports camps in the UK. They offer participants a range of camps that include: Basketball, football, tennis and street dance camps. Their camps are perfect for those looking for an intensive but enjoyable sporting camp experience. The camps are ideal for participants working towards achieving their Residential section. Let Me Play are a DoE Approved Activity Provider for the Residential section.

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E: info@letmeplay.co.uk
T: 0845 603 0533

W: www.longtownoec.co.uk
E: longtown@northamptonshire.gov.uk
T: 01873 860225

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opportunities

SPOTLIGHT

There are hundreds of opportunities for expeditions, residencials and activities suitable for DoE participants and Leaders. Our website www.DoE.org/opportunities is packed with them and is updated daily. Here, we put three under the spotlight...

Check if your council is offering free swimming on their list of participating local authorities: www.tinyurl.com/qsw7ym

Let Me Play are a DofE Approved Activity Provider for the Residential section.

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For full product details, specifications and a list of stockist please refer to the website at www.vango.co.uk
The pleasure and value gained from leading a residential can be immeasurable. It’s not only the young people you are away with who will benefit from this experience – you will leave with a bank of unforgettable experiences to treasure for ever!

Building on experiences
It is likely that many of you have participated in one or two residential camps of your own so you appreciate the benefits to those on the receiving end. When it comes to planning and running one, however, it’s a whole different ball game. You will need to put in place some careful planning to make sure it offers all who take part in it (including you) the most value it can.

Whether arranging a short residential for your own group to get to know each other better or a month long residential for an unfamiliar group, you will need to consider some key factors during the planning process of your project.

We approached the DofE’s Youth Justice Project Officer, young Leader and residential expert, Sarah Hadley, to get her take on what you need to do to get the most out of your residential for you and your participants. Read on for Sarah’s top tips…

“Consult the people who matter”
Your participants! After all, they are the ones who will be benefiting from their residential the most, so why not start by going straight to them to ask them what they want from their time away? You could ask them what they hope to achieve during the project, what they hope to get out of it for themselves and what activities they would like to do.

Once you have got a good idea from them, you will be able to build up a solid set of desired learning outcomes and aims for the project. You can then build your activities and timetable around that.

“Have fun with funding”
You may be planning a residential which charges a fee or you may need to fund the residential yourself, either way, funding is definitely something you need to think about before you start. You could enlist the help of your participants to arrange team fundraising events or you could approach local companies with a fundraising proposal to gain sponsorship. There are plenty of things you can do to help your cause, you just need some ingenuity and bravery!

For fundraising tips, visit www.DofE.org/go/funding

Ready to run a Residential? Here we provide a young Leader’s guide to running a successful residential.
“Don’t forget your toothbrush!”
Plan your logistics carefully – where will you be? What facilities will you have available? Where is the nearest hospital? And what will you need to bring?

It is a good idea to put together a ‘box of tricks’ full of items which participants may forget. This may include spare toothbrushes/toothpaste, toiletries, towels, torches, clothes, basic medication (in accordance with health and safety rules) and a football.

“Better to be safe than sorry”
Safeguarding ought to take centre stage in your mind from the planning stages to delivery of your residential. When embarking on the planning stages, be sure to consult your own local authority’s safeguarding policies to be completely clued up on the best practice and procedures before you even start.

If you are taking participants who are under 18 years old, ensure that you have received all the relevant permissions from your participants’ guardians for them to take part, as well as photo release forms if you plan on documenting it all on film (available from www.DofE.org/press).

At the start of your week away, open up the discussion of ground rules to your participants so that the team can mutually agree on a set of rules that respect the wishes and acceptance levels of all team members.

As the leader of the residential, it is crucial that you keep your eyes and ears open and practise tact and discretion at all times.

“Let me entertain you…”
Take some time to schedule in some fun and varied evening entertainment for the group – if your day has been fully packed with activities, you may find your group are too tired to take part in anything taxing later on but it is highly unlikely that they will want to go straight to bed after dinner. Plan games, films, music nights, talent shows or anything you think will keep your group feeling positive and busy.

There are plenty of games and activities out there that are perfect ways to break the ice and help your team get to know each other better, as well as have a giggle! Read on for Sarah’s favourites:

Animal name game: Everyone sits in a circle and thinks of an animal which starts with the same letter as their first name. So Sarah the Seal, Hannah the Hedgehog etc. One person starts and says; “Hello, I am Sarah the Seal – who are you?” to which the second person will say “Hello, Sarah the Seal. I am Hannah the Hedgehog.”

Benefits to you of running a residential:
- Discover hidden talents
- Develop new skills
- Learn more about yourself
- Have a laugh
- Make lifelong friends
- Get to know colleagues better
- Inspire and motivate others
- But most of all… have fun!

This continues around the circle with players having increasingly longer lists of names to remember.

Human knot: Everyone stands in a tight circle with their right hand holding the person’s hand next to them and then with their left hand they hold anyone else’s hand in the circle, but it can’t be the person next to them. You will now be in a knot which, as a team, you need to untangle. You can’t let go of hands, so it will require some people going under and some going over, some twirling and fitting through small spaces in order for you to untangle.

Is this seat taken? One seat per player is placed at random in a hall. One player walks to the opposite end of the hall to their chair. The participant must then make their way to their chair by walking. As the participant walks to the chair the team members leave their own seats and try to sit on the vacant chair before the participant reaches their chair (or any vacant chair). Once you are up you can not sit back down on the same seat, but you can move to any other seat in the room. Initially there is mayhem as everybody rushes to go to the vacant seat, thus freeing up every other chair for the participant to sit on. The idea is that as the team begins to communicate with one another and discuss their next move. It will then become harder for the participant to find a vacant chair.

Although it sounds complicated it is a great game that really demonstrates the effectiveness of good teamwork.
As the Residential section requires participants to stay somewhere away from their usual companions, and in many respects offers the widest range of opportunities, it can be the most expensive part of a DofE programme. It is a challenge to raise funds for a residential opportunity as they can look like an exotic holiday or gap-year travel, but it is possible.

How participants set about this depends on whether they are raising the money as an individual or as a group. Both have their advantages.

Whichever approach is taken, the first place to ask for advice is not a funding source, but whoever is organising the residential. They are likely to have been asked about funding opportunities by other participants and may know which grant-making organisations particularly like their work. This may be conservation (with the National Trust, BTCV, or one of the waterways or rail restoration projects, for example); working with disabled people; studying or possibly taking part in a particular musical or dramatic experience (with the National Youth Music Theatre or National Youth Theatre perhaps).

If they are involved in a sailing or musical project it is worth approaching the Angus Allnutt Trust (c/o 2 The Court, High Street, HARWELL, Oxfordshire OX11 0EY) who specifically fund young people involved in these activities.

**Fundraising by groups**

Your DofE group may have an independent bank account, a written constitution and may even be a registered charity. These all help when applying for funding from grant-making trusts, charities and even some local businesses.

As a group you are better placed than an individual to talk about the long-term benefits to young people and to the community of the costs that need funding. You are raising funds to give opportunities to young people that will enable them to meet new challenges, build new relationships, experience different cultures and develop their awareness of life outside their immediate communities. The participants may also be developing new international relationships or reciprocal relationships.

If your town is twinned with somewhere overseas, there may be local funding available to enable exchange visits. This need not be confined to Europe – many places have more than one twin.

**Fundraising by individuals**

There are three main ways of raising funds for a DofE residential, and it is likely that participants will have to use more than one method.

The ‘Bank of Mum and Dad’ is a traditional starting point for many, but it is not available to everyone,

Deb Dowdall offers some invaluable advice and information for you to help your group raise funds for residential.

———

**What I really remember was the bake sale.**
**We were up until 2.00 am icing things!**

Ambreen Khan
and they may feel they have already drawn too heavily on this. The next step is to think about who else they can approach where they have a personal connection. This could be an employer, shops where they are a customer, clubs and societies such as Lions, Rotary or the Freemasons and so on.

There are sources of funding for education, and the residential will be educational in the widest sense. Many of these sources are geared specifically towards those individuals in particular need.

**Physical effort**
The third method is to raise funds through the participants’ physical efforts – from cake sales, concerts, discos and barbecues, to sponsored walks, swims, runs, litter-picks and car washes.

If they can relate the activity to what they will be doing on their residential, so much the better. If on the residential, they will be helping build a school in Africa, for example, they could include local dishes in their barbecue. They might choose to walk a sponsored distance that relates to that school. This could be the average distance pupils have to walk to get there perhaps. Participants could run a quiz night with one or more rounds of questions about their destination.

**Useful resources**
The Directory of Social Change ([www.dsc.org.uk](http://www.dsc.org.uk)) has many resources for groups and individuals raising money, including a good online bookshop. See if your local library has any of their publications or subscribes to one of their web-directories of funders – [www.grantsforindividuals.org.uk](http://www.grantsforindividuals.org.uk) or [www.trustfunding.org.uk](http://www.trustfunding.org.uk). If they don’t, ask them to order the publication you want which might be *Educational Grants Directory 2009/10*, by Jessica Carver & Alan French (ISBN 978 1 906294 31 1).

**Case study**
Lucy Proudlock and Ambreen Khan both needed to raise £300 for their residential – to The Gambia and to the South of France respectively. Having applied to the Jack Petchey Foundation as a group and raised a substantial part of the money they needed, they took different routes to find the outstanding amount. Lucy raised her £300 through sponsorship when she took part in the London 10k Run.

Ambreen chose a variety of events and worked with a couple of other friends, including bag-packing at Marks & Spencer during the run-up to Christmas. “What I really remember is the bake sale,” she says. “We made fruit cakes, brownies, victoria sponges, cup cakes and were up until after 2.00 am icing things.”

Your local authority website should have details of the Youth Opportunities Fund in your area. This will be more relevant to groups than individuals.

[www.TheSite.org](http://www.TheSite.org) has information on sources of funding for travel, and opportunities for travel as well, if a participant has not yet decided on their residential.

If the participant is based in Wales the Communities First Trust Fund in Wales, administered by the Wales Council for Voluntary Action (WCVA), makes grants of up to £5,000. These are for small organisations delivering projects within one of the more than 180 Communities First scheme areas. All projects must provide some form of economic, environmental, social or cultural benefit. One of their stated uses is bursaries for members of community groups to attend training courses. Find out more from [www.communities-first.org](http://www.communities-first.org).
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Chinasa
Gold Award holder

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